

Two centuries ago Poland was an independent nation and one of the most popular of Europe. She was far ahead of neighboring States in government. She had a constitutional monarchy before constitutions were dreamed of by the surrounding empires.

Her soldiers were the bravest of the earth. Led by John Sobieski, the valorous Poles had stemmed the tide of Moslem invasion and saved Europe from being overrun by the Turk. Yet today there is no Poland except in name. Her territory is possessed by Russia, Germany and Austria. Her people either pay tribute to the Emperors of those three countries or they are scattered over the earth, Their dearest hope is to see Poland free again.

In America there are thousands of them and these thousands are planning every day for the liberty of the land of their ancestors and are causing their children to remember the heroism of Sobieski, Pulaski and Kosciusko. Every year there is a great gathering of Amer-ican Polanders in the cities where they happen to live. Plays depicting the heroism of their ancestors are staged, patriotic Polish songs are sung and soldiers drill.

There are two of these American Polish organizations. One is the Polish Catholic Federation with 60,000 members and the other is the Polish National Alliance of America, with 120,000 members.

The Polish National Alliance has been especially active since the last Polish revolution in Warsaw in 1863, when the university students organized to overthrow the power of the Czar. The uprising resulted disastrously and thousands of Polanders had to fiee for their lives. To them America spelt freedom. To America they hastened, where, in spite of the fact they have sworn allegiance to their adopted land, they still keep burning in their breasts the hope they may soon return to fight for their

The alliance is organized chiefly to instill the same idea of patriotism in the children who are American born. Men members of the alliance are trained as soldiers. There are 20,000 of these minute men ready to go to Europe on a minute's notice that the struggle is on to humble the three empires that subdued the land of their fa-

It is fitting indeed that the Polish people should hope for liberty while living on American soil. The Poles have ever been a libertyloving people. Two of the sons of Poland, Thaddeus Kosciusko and Casimir Pulaski, helped to make America free. When their native land was partitioned by her three neighbors these two lovers of liberty came to America and with La-Fayette fought under Washington for the independence of America. Pulaski died in battle for American independence.
AMERICANS BUILD

MONUMENTS IN HONOR. So highly have Americans regarded these two patriots that monuments to Kosciusko have been erected at West Point, in Chicago, Milwaukee and Cleveland, Congress appropriated \$50,000 for an equestrian statue of Pulaski. In 1905 the Poles of America erected a statue in honor of Kosciusko on Lafayette Square in Washington. Many countries and cities of America have been named in honor of these two heroes of the American Revolution. They stand next in

prominence to Lafayette. Pulaski was outlawed in Europe for leading an insurrection against the conquerors of his country. He rendered remarkable service under Washington. At the slege of Savannah he was mortally wounded.

Kosciusko survived the Revolution, and, returning to Poland, ora second insurrection against the allen goevrnments. He died fighting for liberty.

While teaching their children to love America the Poles keep them constantly reminded of the heroism of their own ancestors. While they are anxious for the youngsters to know about George Washington, the parents at the same time teach of John Sobieski,

John Sobieski was indeed a man worthy of honor. For four centuries Poland had been the buffer State protecting Christendom from the ravages of the Turk. For four centuries the Poles had sat in the saddle scanning the Orient for the advance of the Ottoman troops and beating them back when they did arrive. In 1453 the Turks crossed the Bosphorus and captured Constantinople. Northward and westward they rode, carrying the crescent and the sword of Is-

All fled before them but the irresistible Pole. In the seventeenth century, after the election of Sobleski as King, the Turks laid siege to Vienna, Every nation turned to Warsaw for aid. John Sobieski responded to the entreaty and rode with his valiant fighters to the rescue of Christendom. Sobleski was not a man of war by inclination, but by necessity. He was much more deeply interested in science. It was with reluctance he left his studies and took the field.

In mid August, with 30,000 men, mostly cavalry, equipped from his own purse, Sobieski marched to the rescue of Vienna. By the middle of September he reached the battle ground with an army of 70,000 men recruited from other Christian nations, to fight 100,000 Tufks. As he reached the top of the ridge above Vienna he looked down on the valley of the Danube where the army of Moslems was massed. When the Turk chief saw the army advancing against him he sent his Tartar cavalry to fight.

It was Sunday morning and Kara Mustapha, the leader of the Moslem troops, sat sipping his coffee as he called on Allah to consign all the Christians to the inferno. From the churches in Vienna the besieged saw their rescuers riding the declivity meeting the Tartars at full tilt. In a few moments after the two lines met the

Moslem defense was through, WINS VICTORY AS

SUN GOES DOWN. Sobieski kept in the center of the thickeat of the fight and hewed his way toward the standard of the Grand Vizier throughout the day. As he neared the standard the sun sank. As it sank the moon rose and was eclipsed. The Tartars took fright at the strange sight and fled in terror from the field. The Grand Vizier held his ground until he Sobieski coming toward him fighting every step and hewing away all opposition with his sword. The Grand Vizier became terrified when he recognized the features of the Polish King.

broken

"Not to us, not to us, O. Lord, but to Thy Name be the glory, shouted the Christian as he fought forward.

When the words reached the ears of the Grand Vizier he mounted his horse and without looking back, fled. His army fled with him. So angered was the Sultan with the defeat that he had the commander of the Moslem troops bow strung, His head was brought back to Vienna and is kept on exhibition

there to this day.

Lorraine, the commander of the defenders of Vienna, rushed out to John Sobleski as soon as the day's battle had ended. Choir singers left the churches and as they neared the King's horse they sang, There was a man sent from God whose name was John."

The soldiers of Lorraine fell at the feet of Sobleski. They kissed his saddle stirrups and kissed his feet and the feet of his horse. The people crowded behind the soldiers and kissed the ground where Sobleski's horse had left its tracks. There are many pictures of So-

bleski in warlike settings. He not only was the grandest but also the last of the strictly independent Kings of Poland. Even before his death in 1696 surrounding rulers were planning for the downfall of his kingdom.

CONSTITUTIONS NOT LIKED

BY EMPERORS. Constitutional government was extremely distatesful to Emperors. Poland was more than a constitutional monarchy. Their Kings were elected at sessions of the Diet and that smacked of republicanism. Switzerland had persisted as a Republic without arousing serious antagonism but Switzerland was small

and was perched on the peaks of the Alps. It was difficult of access and its neighbors usually were too busy with other international trou-With the dawn of the eighteenth century the time arrived when the kings no longer would

Niech żyje wolna Polska!

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Even Sobieski had made concessions to Russia which were demanded soon after his brilliant campaign against the Moslems.

tolerate such a free country as

In 1702 the first blow fell when a portion of Galicia was taken. In a few years Russia took a slice of the kingdom. Austria, which owed its life to Polish valor, crowded in from the southwest, Prussla crowded in from the northwest. Russia crossed the frontiers from the east, There was no eclipse of the moon to aid this time. There was no Sobleski to lead. Internal jealousies had torn Poland. There were many factions seeking to become the head of the elective monarchy.

Another difficulty with Poland

was its lack of natural boundaries. Its borders were fertile fields, which men on the other side of the line Many of the Polanders spoke a language very near to that of the Russians and their religion was Greek Catholic. The Czar naturally had many sympathizers within the borders of the land he coveted and his invasions were not fraught with great difficulties.

Poland had no middle class at the time of the partition of the kingdom. The country was divided into nobles and the poor people. The trade of the nation was in the hands of foreigners, mostly Jews. Above them towered the nobles who elected the kings and made the laws. There was little sympathy between the serfs and the nobles, and although the nobles were far better off governed by their own monarchs than by foreigners, they did not

TIPPER left, Thaddeus Kosciusko. Upper right, Casimir Pulaski. Center, a group of modern minute men. Below, coat of arms of the Polish American National Alliance.

know it. It took a century to dismember Poland.

The last remnant of the kingdom was lost in 1795 when Stanislaus, the King, was summoned to St. Petersburg after years of semi-independence. There he suffered great There he was compelled to stand before the Czar of Russia and there he died of a broken heart in 1798.

The final settlement of Poland was not made until 1814 at the Treaty of Vienna at the close of the Napoleonic wars. Although the land had been divided years before, the property rights of the conquerors had never beer decided among themselves. At that treaty it was decided Russia was to have the Grand Duchy of Warsaw and surrounding territory. Austria was to have Galicia, which at that time contained the only great salt mines of the world. Prussla was to have Posen. The city of Cracow, in Galicia was to be independent under the protectorate of the three nations. Austria, however, disregarded this guarantee of freedom. In 1846 she overthrew all international tradition and captured the city.

Polanders still dream of freedom. In their war plays they live over and over again the victories of Sobleski. They rehearse on the stage before their children the gallant battle of Pulaski for the freedom. They picture again and again the horrible death of Casimir Pulaski as he lay at the foot of the Stars and Stripes.

STUDENTS REBEL AGAINST RULE.

They recite the stories of the successive fights for freedom after the unsuccessful revolt of Kosciusko. Poland has been a troublesome dependency. In 1830 Russian Poland revolted and not until every leader was killed would the common soldiers yield to the hand of the Czar. He had to reduce them to greater subjection than ever in order to make them obedient to his will. For thirty years after that uprising there was apparent calm in the land. The liberty loving Poles paid homage to their rulers

and suffered in silence. It was the students in the universities who grieved most at the wrongs. As they read in the histories how Sobleski had defended Vienna they rose in anger. Under the cover of night they drilled and secured arms. Then they attacked the Russian soldiers patrolling the streets. A terrible slaughter followed. The Poles had to resort to guerilla warfare because they were unable to get together and besides they knew little of fighting in great bands. Fighting under the greatest of disadvantages they showed unusual heroism and did great dam-

age to the Russian Army. In May 1864 the rebellion was practically at an end. It had cost Poland dearly because Russia was cruel in her revenge. What liberties had been granted in Warsaw were taken away. The leaders of the revolution were hanged as fast as they were captured. Many of them fed to America. None ever

dared live in Warsaw again. All public documents were print-ed in Russian. In Germany alone the Polanders were pacified without undergoing great hardships. There, however, their old landmarks have been torn down. names of their cities have been changed to German names so the

children would forget they had ever been citizens of Poland. In Austria they were subdued only after a series of massacres. The last of these was in 1846 when Cracow

was captured. The spirit of Poland is not dead. She may never be a nation again. but she is real to millions yet. One needs only to go to the Polish turner halls to learn that. There one can see the hearts beat with pride as the soldiers drill, the children sing and the dramatic societies play scenes depicting the heroism of Poland. Some day Poland will again be a nation and have a President, they say. They exhibit the Polish eagle and entwined with the American flag is the standard

of Poland. Some day, say the leaders of the Polish national movement, Poland will come into her own. Her territory will extend from near the city limits of Berlin into the heart of Russia. To the southwest men who have been forced to pay homage to Franz-Joseph will joyfully saluté the eagle of Warsaw.

Homely Women Admit Fact.

There are plenty of homely women with fortunes who wish to get married. This is declared by Ralph Herman, 30 years old, of 34 Riverdale avenue, Yonkers, N. Y., who is trying to select the right one to marry. He advertised in a Yonkers newspaper for a woman to become his wife, and in his specifications for a helpmeet stated that he would prefer a homely one with a lot of money. Extra postmen had to be sent to deliever the mail received for the advertiser.

Mr. Herman, who is connected with the Medical Hebrew, a weekly paper published in New York, declared he wanted a wife with enough money to set him up in the printing business.

"Two or three that answered my 'ads' have money and are anxious to marry me," he said. "I want a homely wife who will be practical and stay at home and not think about society."

One of the replies Herman received from a Yonkers'

"I have been looking as I thought, in vain for a man who would appreciate my wealth and forget my homeliness, and in you I think I may find the real partner. You may hold the pocketbook if I may hold your heart. You will never meet another whose homeliness compares with mine. No man has ever held my hand because he did not know the value of it. I am impatiently awaiting an answer from my heart's desire."

Bad Teeth and Rheumatism.

In refutation of the statement that tuberculosis may follow as a result of bad teeth, Dr. Frank J. Hall, pathologist, said that bad teeth, instead of inducing tuberculosis, contribute very materially to

rheumatic troubles. According to Dr. Hall, a great deal of the trouble comes through the tonsils because they bear the brunt of the accusation in this particular and are the filters of the human body against germ life, which flourishes upon the decayed areas in the nose and mouth, and to preserve the tonsils early attention must be given to the nasal and post-nasal correction of the ade-

nold deposits and bad teeth. The role played by bad teeth, with reference to tuberculosis, ac-cording to Dr. Hall, can only be associated with general bad health

and lowered resistance. Dr. Hall says that a tonsil once affected is a general menace to the health of any person. Infectious deposits of matter on the teeth and gums render a condition of imperfect mastication and a general disorder of the digestive organs and impair the general health and result in rheumatic troubles.